

UNPACK U

Discovery is within.

RESOURCE

GUIDE

2020

UnpackU.org

*Inclusion in this guide does not mean endorsement by Citrone 33, Unpack U, or (educational institution). Resources listed are for informational purposes only.

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UNIVERSITY RESOURCES



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UNPACK U

Carnegie
Mellon
University

“Carnegie Mellon University believes psychological and emotional health is an important dimension of our overall well-being. We recognize that mental health can be impacted by a multitude of things including our relationships with self and others, our capacity to hold stress, and the impact the broader cultural context has on the identities we carry and the way we engage in the world. Actively working towards psychological wellness helps us better cope with interpersonal and/or environmental stress, have a greater understanding of our thoughts and feelings, engage in healthier relationships and lead a more fulfilling life.”

- Angela Lusk, Program Director for Student Affairs Wellness Initiatives

ACADEMIC COURSES

BODY POLITICS: WOMEN AND HEALTH IN AMERICA

This course covers topics such as the history of anatomy, menstruation, reproductive rights, body image, mental health, sexuality, violence, childbirth, and menopause. Students explore how science and American culture both have constructed these issues over time.

LEARN MORE: <https://www.cmu.edu/dietrich/history/undergraduate/courses/fall.html>

HACK YOUR LIFE 85-105

This course gives students the opportunity to fully explore the CMU student experience, the science of learning, and issues central to students (e.g., resilience, social connections, mental health, sleep).

LEARN MORE:

<https://www.cmu.edu/dietrich/news/news-stories/2020/august/diversity-inclusion-courses.html>

MINDFUL LIVING FIVE-WEEK PROGRAM

An additional non-credit bearing Mindful Living program series will be offered once a semester.

LEARN MORE: <https://www.cmu.edu/wellness/be-mindful/Mindfulcourse/index.html>

MINDFUL LIVING MINI COURSE

The Mindful Living Course, 99-153 will be offered in mini two of fall semester 2020. It teaches participants mindfulness-based stress reduction techniques and encourages students to practice daily mindfulness.

LEARN MORE: <https://www.cmu.edu/wellness/be-mindful/Mindfulcourse/index.html>

WELLNESS AND RESILIENCE FOR COLLEGE AND BEYOND 99195

The purpose of this course is to teach undergraduate students skills including resilience in the face of commonly experienced stressors and difficulties.

LEARN MORE: <https://www.coursicle.com/cmu/courses/CMU/99195/>

ON-CAMPUS RESOURCES

ARTS PASS

All undergraduate and graduate students can gain free access to the following venues throughout the year by swiping their Carnegie Mellon ID at each of the institutions.

LEARN MORE:

<https://www.cmu.edu/student-affairs/slice/involvement/arts-pass.html#Arts%20Pass>

CAREER & PROFESSIONAL DEVELOPMENT CENTER

Carnegie Mellon University's centralized career services center provides a comprehensive range of services, programs and materials focusing on career exploration and decision making, professional development, experiential learning and employment assistance to meet today's evolving workplace and student goals of finding satisfying work.

LEARN MORE: <https://www.cmu.edu/career/>

CENTER FOR STUDENT DIVERSITY AND INCLUSION

The CSDI offers resources to enhance an inclusive and transformative student experience in dimensions such as access, success, campus climate and intergroup dialogue. Additionally, the Center supports and connects historically underrepresented students and those who are first in their family to attend college in a setting where students' differences and talents are appreciated and reinforced. The CSDI will be operating virtually during the fall semester due to the pandemic.

LEARN MORE: <https://www.cmu.edu/student-diversity/index.html>

CMU COLLEGIATE RECOVERY COMMUNITY

The CRC strives to connect, support, and engage students (and allies) in or seeking recovery from alcohol and other drugs. Goals include increasing student attainment of educational, career, and personal goals, reducing risky alcohol and other drug use among students in Collegiate Recovery Community, decreasing student attrition due to substance use, and contributing to a campus culture that supports health and wellness.

LEARN MORE:

<https://www.cmu.edu/health-services/health-education-and-resources/index.html#:~:text=CMU%20Collegiate%20Recovery%20Community%20>

COLLEGE LIAISONS

Student Affairs staff who work in partnership with students, housefellows, advisors, faculty, and associate deans in each college to assure support for students regarding their overall Carnegie Mellon experience.

LEARN MORE: <https://www.cmu.edu/student-affairs/resources/index.html#liaisons>

COUNSELING AND PSYCHOLOGICAL SERVICES

CaPS provides a safe, confidential environment for students to talk about personal and academic concerns. They also provide consultation services for faculty, staff, and family members who are concerned about a student or have questions.

LEARN MORE: <https://www.cmu.edu/counseling/index.html>

FOOD PANTRY

The Pantry is a resource for food insecure students where they are provided a standardized package of staple foods, have the choice to customize their order, and can order up to one time per week.

LEARN MORE: <https://www.cmu.edu/student-affairs/resources/cmu-pantry/>

GLOBAL COMMUNICATION CENTER

The Global Communication Center (GCC) provides free communication consulting for the Carnegie Mellon community. Its trained communication tutors help Carnegie Mellon students, faculty, and staff convey their ideas logically, clearly, and effectively through one-on-one sessions and classroom workshops.

LEARN MORE: <https://www.cmu.edu/gcc/>

GROUP X

A free group exercise open to all students, faculty, and staff who have a valid CMU ID, where they can participate in group workouts.

LEARN MORE: <https://athletics.cmu.edu/fitness/groupx>

HUB LIAISON

HUB Liaisons provide information and counsel to enrolled students and families in key aspects of the enrollment process, including financial aid, billing and payments, registration activities, and student records.

LEARN MORE: <https://www.cmu.edu/hub/contact/liaisons.html>

LEGAL CONSULTATION

Free 20-minute initial legal consultation with an attorney for each particular legal issue or question. Consultations will be done over the phone due to the pandemic.

LEARN MORE: <https://www.cmu.edu/student-affairs/resources/legal-consultation.html>

LGBTQIA+ HEALTH

LGBTQIA+ students can receive general medical care as well as specialized services at the University Health Center. Specifically, the University Health Center recommends that students follow guidelines for routine screening of sex-specific organs.

LEARN MORE: <https://www.cmu.edu/health-services/services-and-fees/lgbtqia+.html>

OFFICE OF COMMUNITY STANDARDS AND INTEGRITY

When faced with a challenging or complicated situation, the OCSI can serve as a resource for students, staff, faculty, and family members looking for guidance. The OCSI staff strives to be approachable, knowledgeable, and current with best practices in the field of student conduct and academic integrity.

LEARN MORE: <https://www.cmu.edu/student-affairs/ocsi/>

PITTSBURGH CONNECTIONS

Pittsburgh Connections strives to engage students in outdoor recreation, environmental stewardship, and cultural awareness throughout Pittsburgh and Western Pennsylvania. The core goals of these activities are to help students develop and maintain a physically active lifestyle, build leadership skills, and increase their appreciation for the Western Pennsylvania region.

LEARN MORE:

<https://www.cmu.edu/student-affairs/slice/involvement/pittsburgh-connections/index.html>

PSYCHIATRIC SERVICES

A CMU psychiatrist works in collaboration with Counseling and Psychological Services (CaPS) clinicians to attend to various psychiatric needs; all referrals for psychiatric treatment are made through CaPS.

LEARN MORE: <https://www.cmu.edu/counseling/services/index.html#psychiatric>

RELIGIOUS AND SPIRITUAL LIFE INITIATIVES

Carnegie Mellon is committed to the holistic growth of our students, including creating opportunities for spiritual and religious practice and exploration for individuals all along the spectrum of spiritual and religious development.

LEARN MORE: <https://www.cmu.edu/student-affairs/spirituality/index.html>

STUDENT ACADEMIC SUCCESS CENTER

With resources such as “Supplemental Instruction” sessions, peer tutoring, study partners, and workshops, Carnegie Mellon is committed to providing the best and most helpful resources for students to succeed.

LEARN MORE: <https://www.cmu.edu/student-success/programs/index.html>

STUDENT LEADERSHIP, INVOLVEMENT, AND CIVIC ENGAGEMENT

SLICE is excited to provide and support opportunities where undergraduate and graduate students can explore, connect and engage with one another to create a set of experiences that match your unique interests and talents.

LEARN MORE: <https://www.cmu.edu/student-affairs/slice/>

STUDENT ORGANIZATIONS

ACTIVE MINDS

Active Minds aims to raise awareness of mental health, reduce stigma surrounding mental illness, and promote a mental well-being on the Carnegie Mellon campus.

LEARN MORE: <https://www.facebook.com/pg/CMUActiveMinds/photos/>

CMQ

CMU+ provides social and professional opportunities for graduate gay, lesbian, bisexual, trans+, queer & questioning students at Carnegie Mellon.

LEARN MORE: <https://cmqplus.weebly.com/>

CMU PEER HEALTH ADVOCATES

A group of student employees engaged in health education at University Health Services and promoting healthy living at Carnegie Mellon University.

LEARN MORE:

<https://www.cmu.edu/health-services/health-education-and-resources/peer-health-advocates.html>

HERE FOR YOU

Here For You aims to address student mental health issues in CMU. It focuses on providing peer support and reducing stigma around mental health.

LEARN MORE: <https://www.facebook.com/HereForYouCMU>

MELLON FIT

A collaborative grass-roots organization begun by PhD students in the Chemistry and Biology departments. Mellon Fit provides opportunities for healthy lifestyles to students, faculty, and staff that study, research, and work in the Mellon Institute (MI) and the surrounding areas in West Campus.

LEARN MORE: <https://mellonfit.weebly.com/>

OUT & ALLIED

Out & Allied aims to provide a supportive environment to enhance the social, academic and career experiences of current and prospective LGBT students, allies and partners at the Tepper School.

LEARN MORE: https://tepper.campusgroups.com/out/web_page?url_name=about&club=out

PLAIDVOCATES

The Plaidvocates is a peer health and wellness advocacy program for student-athletes that supports the well-being of CMU's varsity athletics community. This peer-to-peer volunteer organization is composed of student-athletes that lead by adopting health-promoting behaviors, provide year-round support and mentorship, and empower their peers to engage in responsible and informed decision making.

LEARN MORE: <https://athletics.cmu.edu/athletics/sportsmed/plaidvocates/mission>

PRISM

PRISM is an organization for those of all orientations and gender identities who support the lesbian, gay, bisexual, transgender, queer/questioning, asexual/aromantic, and many other existing identities in our community. They discuss issues, raise awareness, and embrace individuality.

LEARN MORE: <https://thebridge.cmu.edu/organization/allies>

STRONG WOMEN, STRONG GIRLS

By building communities of women committed to supporting positive social change, Strong Women Strong Girls (SWSG) works to create cycles of mutual empowerment for women and girls.

LEARN MORE: <https://thebridge.cmu.edu/organization/SWSGActive Minds>

ADDITIONAL RESOURCES

BE WELL

Newsletter provided for students to learn about wellness workshops, events, services, and programs that are occurring throughout the school year on campus.

LEARN MORE: <https://www.cmu.edu/wellness/be-well/index.html>

BIAS BUSTERS

BiasBusters @ CMU is modeled on Google's Bias Busting @ Work program, and developed in concert with Google. The program was piloted in the School of Computer Science (BiasBusters@SCS,CMU) to engage over issues of bias, diversity, and inclusion.

LEARN MORE:

<https://www.cmu.edu/student-diversity/learning-and-development/index.html>

CaPS 101

Counseling and Psychological Services (CaPS) provides an overview of services, addresses myths about waiting times, discusses how to refer or access services and answers any questions you may have. The length of this training varies depending upon need.

LEARN MORE: https://www.cmu.edu/counseling/services/trainings_workshops.html

CENTER FOR STUDENT DIVERSITY AND INCLUSION BULLETIN

A bi-weekly newsletter sharing events and programs from the Center for Student Diversity and Inclusion.

LEARN MORE: https://www.cmu.edu/student-affairs/life_at_cmu/index.html

CIVIC ENGAGEMENT

A weekly newsletter about civic engagement and service opportunities on and off campus.

LEARN MORE: https://www.cmu.edu/student-affairs/life_at_cmu/index.html

COPE WORKSHOPS

Counseling, Outreach, Prevention, and Education workshops. Any student, faculty or staff affiliated with CMU can request COPE (CaPS Outreach Prevention and Education) services. Consultations will decide how to best meet a groups' needs when picking a specific workshop. COPE can also help by tailoring a training or workshop to fit the needs of your department or group.

LEARN MORE: https://www.cmu.edu/counseling/services/trainings_workshops.html

FITNESS NEWSLETTER

A newsletter about wellness and fitness events and opportunities on campus.

LEARN MORE: https://www.cmu.edu/student-affairs/life_at_cmu/index.html

GREEN DOT

A program to prevent dating violence, sexual violence and stalking. It relies on the premise that if every member of the campus community—students, staff, administrators and faculty—does their small part, the combined effect is a culture that is safe and intolerant of violence.

LEARN MORE:

<https://www.cmu.edu/health-services/health-education-and-resources/green-dot.html>

HEADSPACE PLUS SUBSCRIPTION

CMU students are provided a free subscription for Headspace by logging on with their CMU email. Headspace is a meditation app with various guided meditations for different feelings and occasions.

LEARN MORE: <https://www.cmu.edu/wellness/>

HOW TO HELP A FRIEND

This 90-minute training is offered to students, faculty and staff to educate about the signs of distress and when, how and if to intervene. They can customize the content and length of the training to the needs of the audience.

LEARN MORE: https://www.cmu.edu/counseling/services/trainings_workshops.html

KOGNITO

Kognito is interactive role-play simulation for students, staff and faculty and builds awareness, knowledge and skills about mental health and suicide prevention. Users are introduced to a virtual coach to learn about physiological distress, how it impacts a person and how to intervene when appropriate.

LEARN MORE: https://www.cmu.edu/counseling/services/trainings_workshops.html

LIFE LABS

Life Labs showcase a range of wellbeing topics offered and can be personalized to specific groups, and are applicable to undergraduate students, graduate students, faculty and staff.

LEARN MORE: <https://www.cmu.edu/wellness/be-well/speakers/index.html>

MHFA: MENTAL HEALTH FIRST AID

MHFA is an evidence-based, nationally-recognized training that teaches participants how to identify, understand, and support individuals struggling with mental health or substance use challenges. This training is offered once a month in collaboration with Counseling and Psychological Services (CAPS).

LEARN MORE: <https://www.mentalhealthfirstaid.org/>

MINDFULNESS ROOM

This is a dedicated space on campus to simply rest, breathe, and relax with no agenda. Some of the relaxation features of this room include plants, a soothing waterfall wall, yoga mats, meditation pillows, and comfortable seating. This place is not to be used for meetings or for work, but to recover and inspire students.

LEARN MORE:

<https://www.cmu.edu/wellness/be-mindful/mindfulness/index.html#Mindfulness%20Room>

MOSAIC

The objective of MOSAIC is to offer provocative sessions aimed at exploring gender construction, commonalities between and among genders, and fostering intentional dialogue around unconventional gender-based topics.

LEARN MORE: <https://thebridge.cmu.edu/organization/mosaic>

QUESTION, PERSUADE, REFER

QPR is a two-hour suicide prevention training designed to educate the audience on warning signs of a suicide crisis and how to respond.

LEARN MORE: https://www.cmu.edu/counseling/services/trainings_workshops.html

SPIRITUALITY AND RELIGIOUS LIFE NEWSLETTER

A newsletter about spirituality and religious opportunities on campus and in the local community.

LEARN MORE: https://www.cmu.edu/student-affairs/life_at_cmu/index.html

STUDENT AFFAIRS MENTAL WELLNESS CALENDAR

A space where CMU announces events occurring with health and wellness for students on campus. CMU's Counseling and Psychological Services provides these events to cover meditation sessions, gratitude sessions, and more.

LEARN MORE: <https://www.cmu.edu/counseling/index.html>

STUDENT SUPPORT RESOURCES

Student Affairs supports students' social, physical, mental and spiritual well-being, so they can thrive. At Carnegie Mellon, individual and collective well-being is rooted in healthy connections, both to people and to campus resources.

LEARN MORE: <https://www.cmu.edu/student-affairs/resources/index.html>

TARTAN ALLIES

Tartan Allies is a series of sessions offered to CMU faculty, staff, and students to foster a network of people who are committed to working toward an affirming environment for all at CMU. In particular, the series focuses on being an ally to those in the LGBTQ+ community.

LEARN MORE:

<https://www.cmu.edu/student-diversity/learning-and-development/index.html>

WOMEN IN LEADERSHIP

A program that aims to provide leadership development, guided reflection, networking opportunities, and support for woman-identified students at Carnegie Mellon.

LEARN MORE:

<https://www.cmu.edu/student-affairs/slice/leadership/womens-leadership.html>

ON-CAMPUS RESOURCES

CARE TEAM

If a fellow student is in need, the University provides a CARE Team of staff who are ready to support students during this unusual time. Students submit a report and let the Team know their needs, questions, or concerns. Submissions are confidential and not a part of your academic record.

LEARN MORE: https://www.carlow.edu/CARE_team.aspx

CARLOW HEALTH AND COUNSELING CENTER

Carlow's Health and Counseling Center is a place where students can turn to if they are in need of counseling and other health services.

LEARN MORE: https://www.carlow.edu/Health_Services.aspx

COUNSELING SERVICES

Counseling services include confidential sessions with professional counselors to discuss any struggles or issues that are impacting students' well-being

LEARN MORE: https://www.carlow.edu/Counseling_Services.aspx

OFFICE OF EQUITY AND INCLUSION

The Office of Equity and Inclusion is committed to transforming the learning experiences of all students recognizing the need for both educational excellence and inclusion. The office provides resources, programs, and training to support, embrace, and empower each member of the campus community.

LEARN MORE: https://www.carlow.edu/Office_of_Equity_and_Inclusion.aspx

STUDENT ORGANIZATIONS

LGBT & ALLIES

LGBT & Allies is an organization that represents the interests of gay, lesbian, and transgender students and the people who care about them.

LEARN MORE: https://www.carlow.edu/Culture_Organizations.aspx

STRONG WOMEN, STRONG GIRLS

Strong Women Strong Girls (SWSG) is a mentoring organization for girls in grades 3-5 with the goal of helping them to develop skills for lifelong success.

LEARN MORE: https://www.carlow.edu/Leadership_and_Service_Clubs.aspx

UNPACK U



"At CCAC we believe wellness is a shared responsibility. When we better care for ourselves, we are better able to model and build a path to health and wellness for our students and their success."

- Jill Delaney, CCAC Navigator

ACADEMIC COURSES

WELLNESS 101

This 2-hour presentation helps students better understand the systems of the body, how they are interrelated, and how to maintain good health in order to achieve quality of life.

LEARN MORE:

https://www.ccac.edu/workforce/_files-workforce/comm-ed-fall-2020-final.pdf#search=wellness%20101

ON-CAMPUS RESOURCES

COUNSELING

The Counseling Center has trained professional counselors ready and willing to help. Students often come for counseling with academic and personal concerns around such issues as careers, loneliness, fear of failure, lack of self-confidence, anxiety, poor study habits, test anxiety, family and relationship conflict, academic probation and suspension, time management and stress.

LEARN MORE: <https://www.ccac.edu/student-services/counseling.php>

ON-CAMPUS RESOURCES

CCAC CAMPUS FOOD PANTRIES

CCAC has established Food pantries at each campus to help students who may be in need of these resources. The campuses also provide campus clothes closets or access to resources for clothes when students are preparing to enter the job market.

LEARN MORE: <https://www.ccac.edu/student-life/pantries.php>

COMMUNITY ENGAGEMENT AND VOLUNTEERISM

At CCAC, it is important for students to engage in activities to become active citizens involved on their campus and in their communities. Through this, you will gain leadership skills, become a global citizen, develop civic literacy, and bring awareness to issues that impact our communities.

LEARN MORE: <https://www.ccac.edu/student-life/community-engagement.php>

COUNSELING

The Counseling Center has trained professional counselors ready and willing to help. Students often come for counseling with academic and personal concerns around such issues as careers, loneliness, fear of failure, lack of self-confidence, anxiety, poor study habits, test anxiety, family and relationship conflict, academic probation and suspension, time management and stress.

LEARN MORE: <https://www.ccac.edu/student-services/counseling.php>

FITNESS CENTERS

The Fitness Centers at CCAC offer a wide variety of aerobic and strength training equipment right here on campus! Students and staff are welcome to take advantage of this facility free of charge as a resource for health and wellness. Unfortunately, all fitness centers will be closed for the Fall 2020 semester due to the pandemic

LEARN MORE: <https://www.ccac.edu/student-life/fitness.php>

FITNESS, HEALTH, AND SPORTS REC CLASSES

CCAC provides a plethora of fitness and yoga classes for wellness.

LEARN MORE:

https://shopcommunityed.ccac.edu/Courses/Fitness_Health_Sports_Recrea.aspx

MIND AND WELLNESS CLASSES

CCAC provides a plethora of classes that focus on mental wellness and mindfulness.

LEARN MORE: https://shopcommunityed.ccac.edu/Courses/Mind_and_Spirituality.aspx

NAVIGATORS

“Navigators” is a new initiative to the 2019/2020 academic year. The CCAC Navigators are available to assist students in identifying resources available external to CCAC so students can address those needs and focus on their academics. These resources include but are not limited to food and SNAP benefits, housing, mental health resources. The Navigators work closely with the Department of Human Services to stay up to date on resources and to assist students in making connections to available services.

LEARN MORE: navigators@ccac.edu

STUDENT LIFE

At CCAC, we believe that life outside the classroom is an important part of your college experience. Each CCAC campus has a variety of activities to enhance your lifestyle - including athletics, cultural events and personal development seminars.

LEARN MORE: <https://ccac.edu/student-life/index.php>

STUDENT ORGANIZATIONS

CLUBS AND ORGANIZATIONS

The Office of Student Life & Engagement supports a variety of student clubs and organizations - there is something of interest for everyone! Involvement in a club can enhance your academic life and is the perfect way to make friends with similar interests.

LEARN MORE: <https://www.ccac.edu/student-life/clubs.php>

UNPACK U

chatham
UNIVERSITY

“Chatham’s mission - “to prepare students to build lives of purpose, value, and fulfilling work” - encourages students and the community members to engage in wellness as a holistic process around change and growth where students are both challenged and supported to attend to the different dimensions of health and interconnections between those dimensions. There isn’t a singular answer to what wellness is, but rather a dynamic interplay between the resources and demands in each dimension. Our hope is to offer a sufficient array of resources and programming for students to find the right mix for themselves. Chatham’s values focus on sustainability, women’s leadership and gender equality, diversity and inclusion and community and civic engagement center our pursuit of wellness on environmental impacts on health and wellness, the importance of identity and equity for everyone’s health and wellness, and remembering that connections between individuals and their communities are vital.”

- Jennifer Morse, Executive Director of Counseling & Wellness

ON-CAMPUS RESOURCES

CHATHAM UNIVERSITY HEALTH CENTER SERVICES

The Office of Student Health and Wellness is responsible for coordinating the physical, mental, and wellness lifestyle of their students. They offer COVID-19 testing, a variety of health services, a counseling center, and after-hours care.

LEARN MORE: <https://www.chatham.edu/student-experience/health-wellness/index.html>

OFFICE OF ACADEMIC ACCESSIBILITY RESOURCES

The Office of Student Affairs & Dean of Students is an umbrella office located in Woodland Hall, overseeing Counseling and Health Services, Residence Life, and Student Engagement. They are committed to building a vibrant and inclusive student experience through creative programs, professional development, leadership opportunities, and creating a safe and healthy environment.

LEARN MORE:

<https://www.chatham.edu/academics/support-and-services/office-of-academic-accessibility-resources/index.html>

STUDENT ORGANIZATIONS

CHATHAM U QUEER STRAIGHT ALLIANCE

The Chatham U Queer Straight Alliance seeks to educate and advocate for issues in relation to the LGBTQIA+ community. Chatham is committed to a campus environment that is supportive and engaging for students who identify across the gender spectrum and sexual identity spectrum, including those who identify as transgender, gender non-binary, genderqueer, and gender non-conforming.

LEARN MORE: Maya Goldstein, maya.goldstein@chatham.edu

HER CAMPUS

In Chatham University's HerCampus Chapter, female students can share their thoughts and feelings about the campus environment and experiences.

LEARN MORE: <https://www.hercampus.com/school/chatham>

THE SEXUAL RESPECT COMMITTEE

The Sexual Respect Committee is devoted to creating an environment where everyone communicates and acts with integrity and respect for one another—an environment where sexual misconduct is not tolerated. Through programming they strive to educate the community on sexual respect and provide empowering and educational programs.

LEARN MORE: Elissa Nolte, elissa.nolte@chatham.edu

UNPACK U



“Unpack U is an engaging program that meets students where they are, when they need it. In these times of uncertainty, Unpack U will undoubtedly, positively impact the resiliency and wellbeing of Duquesne University students and beyond.

We’re fortunate to participate in this program.”

- Terese Hines, Assistant Vice President Corporate Relations

ON-CAMPUS RESOURCES

GROUP THERAPY

The Center for Student Wellbeing provides a variety of group therapy opportunities to students to engage in. Group leaders establish boundaries and clarify their roles to create safety and predictability within the group, but group discussions are kept open to whatever may be on members' minds each week so that peoples' patterns of relating can emerge naturally. Meetings will be held on Zoom due to the pandemic.

LEARN MORE:

<https://www.duq.edu/life-at-duquesne/health-recreation-and-wellbeing/counseling-and-wellbeing/group-therapy>

PERSONAL COUNSELING

A resource students can turn towards to talk about their personal struggles to a professional for as long as they want as many sessions as they want. Their goal is to provide services and resources that will enable the student to live a meaningful life based on a mind/body/spirit approach to well-being, an approach that honors the fundamental dignity of the human person by valuing him/her in his/her totality.

LEARN MORE:

<https://www.duq.edu/life-at-duquesne/health-recreation-and-wellbeing/counseling-and-wellbeing/personal-counseling>

MEDITATION MEETINGS

Meditation practices offered during COVID-19 on Zoom with Dr. T.J. Smith. During this group, meditations will be taught and practiced together, such as mindfulness of breathing, eating, and movement, in hopes of providing us with a greater sense of peace and vitality.

LEARN MORE:

<https://www.duq.edu/life-at-duquesne/health-recreation-and-wellbeing/counseling-and-wellbeing/group-therapy>

UNIVERSITY COUNSELING AND WELL-BEING CENTER

Duquesne's University Counseling and Wellbeing Center is a place where students can turn for counseling and safe space during difficult times. Students can sign up for a variety of services.

LEARN MORE:

<https://www.duq.edu/life-at-duquesne/health-recreation-and-wellbeing/counseling-and-wellbeing>

WELL-BEING COACHING

Well-being coaching is for students who don't present with a psychological concern that would be better served through counseling/psychotherapy. Well-being Coaching is for students who are interested in attaining a degree of balance in his/her life through learning about and practicing a "cross-training" program that integrates mind, body, and spirit.

LEARN MORE:

<https://www.duq.edu/life-at-duquesne/health-recreation-and-wellbeing/counseling-and-wellbeing/wellbeing-as-a-philosophy-of-life/wellbeing-coaching>

STUDENT ORGANIZATIONS

ACTIVE MINDS

Duquesne University's Active Minds Chapter is a non-profit student organization interested in promoting a positive discussion about mental health on campus and educating students on available resources.

LEARN MORE: <https://www.facebook.com/DuqActiveMinds>

DUQUESNE STUDENT WELL-BEING CLUB

This organization was created to bring together Duquesne University students interested in cultivating well being in their lives and the lives of others. The Duquesne Well-being Club aims to build a community of students for learning about and growing in our personal and collective happiness.

LEARN MORE:

<https://www.duq.edu/life-at-duquesne/health-recreation-and-wellbeing/counseling-and-wellbeing/wellbeing-as-a-philosophy-of-life/wellbeing-club>

UNPACK U

POINT PARK UNIVERSITY

“We at Point Park care about the well-being of each member of our community and we strive to foster a feeling of togetherness in our community as a whole. We know that communities and the individuals within need resilience, wisdom, and support to be healthy and thrive.”

- Kurt Kumler, Psychology Department Assistant Professor

ACADEMIC COURSES

SAFECOLLEGES TRAINING

Current students have free access to a library of courses offered by SafeColleges. Most of the courses are brief and can be completed in under 15 minutes. These courses are offered to provide the student community with beneficial suggestions and strategies for managing mental health and well-being. These courses are not related to academic programs at Point Park and offer no credits.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/University-Counseling-Center/Resources>

ON-CAMPUS RESOURCES

CENTER FOR STUDENT SUCCESS

The University's Center for Student Success is a campus-wide commitment to helping freshmen obtain their degree in four years. The center is also invested in the success of transfer students, supporting them in the timely completion of their Point Park program of study. Each Point Park undergraduate student who has declared a major is assigned to a faculty member, within their field of study, who serves as a professional and scholarly mentor. Mentors provide essential support and guidance necessary for students to develop as people, as scholars and as professionals.

LEARN MORE:

<https://www.pointpark.edu/Academics/AcademicResources/CenterforStudentSuccess/index>

DISABILITY SERVICE

It is the intention of Point Park University to provide appropriate, reasonable accommodations for students with disabilities in accordance with the Americans with Disabilities Amendments Act of 2008, and Section 504 of the Rehabilitation Act of 1973.

LEARN MORE:

<https://www.pointpark.edu/Academics/AcademicResources/DisabilityServices/index>

SAFEZONE

SafeZone provides training to faculty and staff to help them become better allies to the Point Park LGBTQ community. SafeZone volunteers provide spaces where LGBTQ individuals are assured a comfortable place to learn about resources and ask questions about the LGBTQ community, gender, and sexuality. SafeZone volunteers are not counselors, but they are available to provide support and connections to additional help both on and off campus.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/SafeZoneLGBTQSupport/index>

STUDENT HEALTH CENTER

The Student Health Center is dedicated to helping students get well and stay well. Maintaining a healthy lifestyle is crucial to the overall success of the college experience and positive academic outcomes. All students may receive care through the Student Health Center.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/StudentHealthCenter/index>

UNIVERSITY COUNSELING CENTER

The Counseling Center provides a safe, confidential environment for students to talk about personal or academic concerns. They assist students who need to connect with mental health resources in the community and support staff and faculty who have concerns about the well-being of a student. The Counseling Center offers consultations, individual therapy, group therapy, psychological testing services, referrals, and training about mental health. Due to the pandemic, consultations and referral support will be done via phone.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/University-Counseling-Center/index>

STUDENT ORGANIZATIONS

GENDER & SEXUALITY SPECTRUM ALLIANCE

This organization is for LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Asexual) students, and their allies, to come together in a safe space where they can learn about issues happening within the LGBTQIA community, as well as supporting each other on their paths to discovering who they truly are.

LEARN MORE:

<https://pointsync.pointpark.edu/organization/gender-sexuality-spectrum-alliance>

HER CAMPUS

An online magazine dedicated to, written by, and focused on empowering, college women. Her Campus is the #1 media site for college women, written entirely by the world's top college journalists. They are focused on writing, event planning, and social media.

LEARN MORE:

<https://www.hercampus.com/school/point-park?fbclid=IwAR1qibFrXO57Gw2dqBYrWKQX0XW2mPbx9nIrTbg5QWDoQxIUjvppu7qkHro>

NOT ON MY CAMPUS

Not On My Campus advocates against sexual assault on campus. They strive to promote awareness and prevent sexual assault at Point Park.

LEARN MORE: <https://pointsync.pointpark.edu/organization/not-on-my-campus>

PAY IT FORWARD CLUB

A community service club that promotes kindness on campus and in the Pittsburgh community.

LEARN MORE: <https://pointsync.pointpark.edu/notfound>

POINT PARK YOGA CLUB

The Point Park Yoga Club focuses on mindfulness and is taught every week between Maddie Dugan and Zia Mancuso.

LEARN MORE: <https://pointsync.pointpark.edu/organization/yogaclub>

STRONG WOMEN, STRONG GIRLS

Strong Women, Strong Girls is a nationally recognized mentoring program dedicated to raising the aspirations and self-esteem of elementary school girls. The program connects girls with college women and puts them on the path from the classroom to the boardroom-or any other path they choose to take.

LEARN MORE:

<https://pointsync.pointpark.edu/organization/strong-women-strong-girls>

THE FEMINIST COLLECTIVE

The Feminist Collective offers students a place to share their thoughts and ideas about feminism.

LEARN MORE:

<https://www.pointpark.edu/studentlife/SAIL/StudentOrganizations/index>

ADDITIONAL RESOURCES

HOW TO HELP

This guide is for students on how to help the university continue to advocate for mental wellness and to seek help when necessary. The guide suggests to make note of changes in yourself and others, encourages students to suggest to their friends to seek help if they need it, gives information about how to identify the signs of someone going through a crisis, and emphasizes that students should make sure to take care of themselves.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/University-Counseling-Center/how-to-help-students>

PRONOUNS

This guide is about pronouns and their importance, especially to the LGBTQ community. It includes a pronouns chart, how to ask about pronouns, and what to do when a student uses the wrong pronoun.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/SafeZoneLGBTQSupport/Pronouns>

TIPS FOR ALLIES

This webpage includes a list of what to do/what not to do when it comes to being an ally for the LGBTQ community.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/SafeZoneLGBTQSupport/TipsforAllies>

UNPACK U



"The Citrone Foundation is doing a tremendous service for college students in Pittsburgh who are facing a challenging and unprecedented fall semester. The Unpack U initiative reminds us we are all in this together, and that we all play a part in cultivating a strong sense of community while keeping our students safe and engaged."

- Dr. Howard, Office of the President

ON-CAMPUS RESOURCES

COUNSELING CENTER

The Robert Morris Counseling Center Center is committed to addressing the mental health needs of students via clinical services and psychoeducational programming in order to increase resilience and help students develop strategies for success. Due to COVID-19, all sessions will be done via call or face-to-face video conferencing.

LEARN MORE: <http://studentlife.rmu.edu/rmu-counseling-center>

COUNSELING SERVICES

Triage: initial appointment to determine the best next steps

Crisis Appointment: crisis / walk-ins appointments

Campus Support: weekly workshops to discuss general wellness

Consultation: discussing concerns about someone else

Psychoeducation: general education about mental health

Problem Focused Sessions: up to 3 session per semester to provide targeted interventions

Group Therapy: groups focus on clinical and non-clinical topics

Individual Therapy: short-term individual therapy

Off Campus Options: connections to off campus resources

LEARN MORE: <http://studentlife.rmu.edu/rmu-counseling-center/services>

TELE THERAPY

Students are able to speak to a therapist about their mental health needs via telephone or face-to-face conference. Counseling sessions will be done through Google Hangouts.

LEARN MORE: <http://studentlife.rmu.edu/rmu-counseling-center/distance-counseling>

STUDENT ORGANIZATIONS

ACTIVE MINDS

Active Minds is a student-led organization that raises mental health awareness, promotes positive mental health, educates peers, and encourages students to reach out for help.

LEARN MORE:

<http://studentlife.rmu.edu/student-clubs-and-organizations/special-interest-organizations-activities/active-minds>

THRIVE PROGRAM

The THRIVE Program provides campus outreach for mental health and wellness initiatives through trained THRIVE leaders. They serve the campus community by “building a bridge” between the Counseling Center and students, primarily by developing and implementing outreach programs/events that will positively impact the campus community.

LEARN MORE: <http://studentlife.rmu.edu/rmu-counseling-center/thrive-program>

ADDITIONAL RESOURCES

ANXIETY AND STRESS MANAGEMENT

Learn the ins and outs of anxiety and stress, how it affects us and how to reduce it. Find general information, a list of resources, and an infographic showing how sleep affects the brain.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/anxiety-stress-management>

DEPRESSION

Learn about what depression is and what it can look like. Find general information, signs, symptoms, a list of resources, and videos about depression.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/depression>

GRIEF

Experiencing grief alone can be very difficult. Find general information, an infographic with the 7 stages of grief, ways to cope with death and dying, ways to help a bereaved student, and a list of resources about how to deal with loss.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/grief>

HOMESICKNESS

Being away from home for the first time is a big change. Find tips about combating homesickness and a list of resources to help with the transition of moving to a new environment.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/homesickness>

HOW TO HELP A FRIEND

A guide on how to be there for a friend in need or how to detect if your friend needs help. It includes signs that might indicate a need to encourage a friend to go to the Counseling Center, how to suggest to a friend that they should go to the Counseling Center, and what to do if your friend is in crisis.

LEARN MORE: <http://studentlife.rmu.edu/rmu-counseling-center/help-a-friend>

RELATIONSHIPS

When meeting new people and forming new relationships it is important to understand what is healthy and unhealthy behavior. Find general information about relationships, infographics about what a healthy relationship is, tips for safe dating in college, and a list of resources to help maintain healthy relationships.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/relationships>

SEXUAL AND DOMESTIC VIOLENCE

Sexual and domestic violence can leave victims feeling vulnerable, so this resource can help empower survivors and bystanders to speak up. Find general information about sexual and domestic violence, what to do if you or someone you know is sexually assaulted, myths about sexual assault, and a list of resources.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/sexual-and-domestic-violence>

SEXUAL IDENTITY

Learning about your sexual identity can be a long process. Find an infographic about the sexuality spectrum, a video, and a list of resources that could help students learn more about themselves.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/sexual-identity>

SUICIDE

Thousands of lives are lost due to suicide each year but with more education about preventing suicide, students can save a life or their own. Find general information about suicide, identifying the risk factors, how to help someone, and a list of resources to encourage suicide prevention.

LEARN MORE:

<http://studentlife.rmu.edu/rmu-counseling-center/referral-information/suicide>

UNPACK U



SAINT VINCENT
COLLEGE

“As a daily reflection of our Catholic and Benedictine mission, Saint Vincent College is committed to supporting the health and wellness of our students, and we view each individual as a physical, social, and spiritual being with unique needs. The Wellness Center strives to maintain a professional, caring atmosphere where health care and counseling services are carried out in an effective and timely manner, while Campus Ministry assists the College Community, especially the students, to grow in faith and spirituality. In all that we do, we put our students first and will continue to work to provide the necessary resources to support them in all aspects of life.”

- Mike Hustava, Senior Director of Marketing and Communications

ON-CAMPUS RESOURCES

CAMPUS MINISTRY

Rooted in the Catholic tradition and guided by the *Rule of St. Benedict*, Campus Ministry supports the college community, especially the students, of all faith traditions, by providing opportunities to explore, celebrate, act on and live their faith through prayer, education, service and Christian living.

LEARN MORE: <https://stvincent.edu/student-life/campus-ministry>

CARE TEAM

For those times when students might need more than the day's teaching or information about campus services, the Saint Vincent CARE (Concern, Assessment, Response, Evaluation) Team is ready to provide guidance. The CARE Team meets regularly to review concerns and provide early intervention and support to students.

LEARN MORE: <https://stvincent.edu/student-life/care-team>

DISABILITY SUPPORT

Saint Vincent College follows the standards and guidelines set forth in the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act of 1973 in order to accommodate the diverse needs of their students and their academic journeys.

LEARN MORE: <https://www.stvincent.edu/academics/academic-support>

HEALTHY RELATIONSHIPS INITIATIVE

The Healthy Relationships Initiative assesses and addresses areas of need concerning dating and relationships through the use of seminars, a weekend retreat, residence life staff training, orientation events, and various programmed events.

LEARN MORE: <https://www.stvincent.edu/student-life/healthy-relationships>

JED CAMPUS

Saint Vincent College has joined JED Campus in support of student well-being and mental health. The Jed Foundation (JED) is designed to help schools evaluate and strengthen their mental health, substance misuse and suicide prevention programs and systems to ensure that schools have the strongest possible mental health safety nets.

LEARN MORE:

<https://www.stvincent.edu/community-events/newsroom/2019/09/10/svc-teams-with-jed-foundation-to-promote-well-being-mental-health>

LEARN SPEAKER SERIES

Saint Vincent College's LEARN (Listen, Evaluate, Analyze, Reflect, Navigate) Speakers Series invites various guests to speak about various topics such as substance abuse, social media, trauma, and contemporary problems. No tickets are required for admission, and the presentation is free and open to the public. More information will be available in the spring.

LEARN MORE:

<https://www.stvincent.edu/community-events/newsroom/2020/02/26/learn-series-to-welcome-richard-jones>

WELLNESS CENTER

Students are able to schedule an appointment with a registered nurse, physician or licensed counselor for a variety of illnesses and injuries at the Wellness Center. The Wellness Center is also able to provide many over-the counter medications and some prescribed medications, at no cost.

LEARN MORE: <https://www.stvincent.edu/student-life/health-and-wellness>

STUDENT ORGANIZATIONS

ACTIVE MINDS

Active Minds Club is a club created to promote mental health awareness around the campus and its community. This club's goal is to educate others and encourage those who are struggling to seek help.

LEARN MORE: <https://www.activeminds.org/>

CLUBS AND ORGANIZATIONS

Students find support, engagement, activities, and service opportunities through Saint Vincent's many clubs and organizations and can easily start new ones based on their interests.

LEARN MORE: <https://stvincent.edu/student-life/campus-life/clubs-and-organizations>

UNPACK U



University of
Pittsburgh

“We don’t have to do all of it alone. We were never meant to.”

– Brené Brown, American professor, lecturer, author, and podcast host

ACADEMIC COURSES

WELLNESS AND RESILIENCE - PITT 1510

This honors course uses psychotherapy techniques to ease students’ minds and improve their lives. Students learn positive habits like mindfulness, and even learn how to influence others, the break down of the psychology behind why these mental tricks work, and how to apply the concepts to their own lives.

LEARN MORE: <https://www.honorscollege.pitt.edu/wellness>

ON-CAMPUS RESOURCES CARS TEAM

The Care and Resource Support (CARS) Team accepts referrals, problem solves, and responds to student behavior identified as reasonably causing concern for students’ health, welfare, and safety.

LEARN MORE: <https://www.studentaffairs.pitt.edu/cars/>

COLLEGIATE RECOVERY PROGRAM - PANTHERS FOR RECOVERY

The Collegiate Recovery Program (CRP) provides a safe, nurturing and affirming environment where students in recovery from substance use can receive the assistance and support they need to achieve academic success and meet personal goals while in college. The CRP facilitates a supportive, stigma-free community of students in recovery through individual, academic, social, and recovery support. Due to the pandemic, support will be done virtually. The Association of Recovery in Higher Education's student interns have created weekly Zoom gatherings, group chats, and pen pals to keep students across the nation connected and supported through COVID-19.

LEARN MORE:

<https://www.studentaffairs.pitt.edu/shs/education/collegiate-recovery-program/>

DISABILITY RESOURCES AND SERVICES

Disability Resources and Services (DRS) is the designated department by the University to determine reasonable accommodations and services. At the University of Pittsburgh, we are committed to providing equal opportunities in higher education to academically qualified students with disabilities. The DRS is fully operational from a remote position where disability specialists can be reached via email, phone, or through a scheduled phone or video appointment.

LEARN MORE:

<https://www.diversity.pitt.edu/disability-access/disability-resources-and-services>

INTERFAITH OFFICE

The Office of Interfaith Dialogue and Engagement strives to create spaces for interfaith dialogue to occur, build bridges for relationships to develop, and encourage people in both secular and religious communities to strive for unity in diversity.

LEARN MORE: <https://www.studentaffairs.pitt.edu/oid/>

LATE-NIGHT MINI-GRANT PROGRAM

The Late Night Mini-Grant Program is designed to support alcohol-free, late-night social and recreational programming for undergraduate student groups.

LEARN MORE:

https://www.studentaffairs.pitt.edu/wp-content/uploads/2016/03/SHS_ATF_Mini-Grant_Application_2019_to_2020.pdf

LET'S (TELE)TALK

Let's (tele)Talk is a virtual service that offers informal, confidential consultation with a clinician from the University of Pittsburgh Counseling Center. Let's (tele)Talk consultations are 15 minutes and free for all enrolled University of Pittsburgh students.

LEARN MORE: <http://www.studentaffairs.pitt.edu/cc/outreach/lets-talk/>

PANTHERWELL

PantherWELL Peer Health Educators (PHEs) are resources for health topics made by students, for students. The PHE student leaders provide fun and interactive programs on a number of health topics to support the Healthy U initiative and mission of Student Health Service. Health topics include, but are not limited to, alcohol and other drugs, safer sex, mental wellness, and nutrition. Look on campus at Tower's Lobby and other locations, and even win some prizes.

LEARN MORE: <https://www.studentaffairs.pitt.edu/shs/education/pantherwell/>

PITT PANTRY

Pitt Pantry is dedicated to ensuring that all members of the Pitt community have regular access to a balance and nutritious diet. The Pantry will be using a no-contact prepackaged box pickup due to the pandemic.

LEARN MORE: <https://www.studentaffairs.pitt.edu/pittserves/the-pitt-pantry/>

PSYCHIATRY SERVICES

Psychiatric services are now provided in the Student Health Service (SHS) by a board-certified psychiatrist who specializes in a wide variety of psychiatric services. A referral from either a Student Health Service clinician or therapist from the University Counseling Center or from the community is required.

LEARN MORE: <https://www.studentaffairs.pitt.edu/shs/psychiatry-services/>

RECREATION FACILITIES

The Department of Campus Recreation manages several facilities and spaces throughout campus where athletic and recreational activities take place. Each space is scheduled and utilized to serve as many students and University personnel as possible.

LEARN MORE:

<http://www.studentaffairs.pitt.edu/campus-recreation/facilities-and-hours/>

RISE

RISE (Reaching Inside Your Soul” is the University’s commitment to student development, academics, socialization, mentoring, global awareness, and community. RISE provides students with a comprehensive learning experience designed to facilitate their success.

LEARN MORE: <http://www.rise.pitt.edu/about-program>

SAFE PEER EDUCATORS

SAFE (Sexual Assault Facilitation and Education) is a group of trained peer educators who are dedicated to educating their peers around topics such as relationship violence, sexual violence, consent, interpersonal communication and bystander intervention.

LEARN MORE:

<https://www.diversity.pitt.edu/education/title-ix-training/sexual-assault-facilitation-and-education-safe-peer-educators>

SHARE OFFICE

The SHARE Office, sexual harassment and assault response and education, offers resources to help Pitt members report, cope with, and prevent incidents of sexual misconduct or assault. Pitt is working towards implementing online services and programs that meet the needs of their students.

LEARN MORE: <https://www.studentaffairs.pitt.edu/share/>

STRESS FREE ZONE

The Stress Free Zone (SFZ) is a space where students can learn and regularly practice evidence-based, mind/body stress-reduction skills. These skills are primarily taught through mindfulness meditation, a form of attention training that involves an intentional, non-judgmental observation of the present moment.

LEARN MORE: <https://www.studentaffairs.pitt.edu/shs/stressfree/>

STUDENT-ATHLETE DEVELOPMENT

In collaboration with the University of Pittsburgh's Career Center, the Cathy & John Pelusi Family Life Skills Program provides career and graduate school preparation services to student athletes through a variety of events and resources, including a career consultant specifically dedicated to student-athlete career development. Skills include career development and grad school prep, leadership development, personal development, financial education, alumni engagement, and community service.

LEARN MORE:

<https://pittsburghpanthers.com/sports/2019/4/2/cathy-john-pelusi-family-life-skills.asp>
[x](#)

STUDENT EMERGENCY ASSISTANCE FUNDING

The Office Provost, Office of Philanthropic & Alumni Engagement, Student Government Board, the Graduate & Professional Student Government, and the Division of Student Affairs have collaborated to make a fund that supports students with unanticipated and insurmountable expenses related to emergency situations.

LEARN MORE:

<https://www.studentaffairs.pitt.edu/dean/student-emergency-assistance-fund/>

STUDENT HEALTH SERVICE

The Student Health Service provides telemedicine and in-person appointments to students who need medical assistance. The SHS health care program includes an outpatient clinic with an array of medical services, a full-service pharmacy, and robust health education programming.

LEARN MORE: <https://www.studentaffairs.pitt.edu/shs/>

THERAPY ASSISTANCE ONLINE

It may be helpful to think of TAO as a private, online library of engaging, interactive programs to learn life skills and to help students bounce back from disappointments or stumbling blocks in life. As students watch videos and engage with their interactive components, they'll gain the knowledge, self-awareness, and skills they need to achieve their goals.

LEARN MORE: <http://www.studentaffairs.pitt.edu/cc/therapy-assistance-online/>

UNIVERSITY COUNSELING CENTER

UCC services are provided by a multidisciplinary staff of licensed mental health professionals, including clinical social workers, professional counselors, psychologists, and advanced graduate trainees in various mental health disciplines. All students (undergraduate and graduate) enrolled at the University, registered for classes and having paid the Wellness Fee, are eligible for our services.

LEARN MORE: <https://www.studentaffairs.pitt.edu/cc/about/scope-of-services/>

UCC VIRTUAL GROUP THERAPY

Pitt encourages students to select a group that fits their schedule and interests. Within a few days of submitting this form, the student will be contacted by a clinician at the UCC to schedule a screening. Prior to attending a group, all members must complete a screening appointment. Some virtual groups that are being held this summer are “ACT for Anxiety & Depression,” “Racial Stress & Trauma Group,” and “Trauma Support Group.”

LEARN MORE: <https://www.studentaffairs.pitt.edu/cc/group/group-selection/>

WESTERN PSYCHIATRIC HOSPITAL

UPMC Western Psychiatric provides behavioral health services for a wide variety of mental disorders and conditions. They also provide telepsychiatry for those who are not available in person.

LEARN MORE: <https://www.upmc.com/locations/hospitals/western-psychiatric>

WELLNESS WORKSHOPS

- Wellness Workshops are interactive, educational presentations focused on a wide variety of mental health-related topics. All workshops are 45-60 minutes in length and are drop-in format (no appointment needed). Due to the pandemic, all workshops will be online.
- LEARN MORE: <https://www.studentaffairs.pitt.edu/cc/workshops/>

STUDENT ORGANIZATIONS

ACTIVE MINDS

Active Minds is a nonprofit organization working to utilize the student voice to change the conversation about mental health on college campuses. They develop peer education programs, host speakers, connect students to resources such as the counseling center, private counseling, and resolve Crisis Services; share strategies for managing illness; and advocate for mental health reform and conversation on campus.

LEARN MORE: <https://pitt2.campuslabs.com/engage/organization/activeminds>

CHAARG

CHAARG, changing health, attitudes, and actions to recreate girls, is a women's empowerment health and wellness club that focuses on physical health. Due to the pandemic, they connect their members through different types of virtual workouts on a weekly basis.

LEARN MORE: <https://chaarg.com/university-of-pittsburgh/>

IT'S ON US

It's On Us and all its affiliates work to combat sexual assault on Pitt's campus through interactive, informative, on-campus events.

LEARN MORE: <https://pitt2.campuslabs.com/engage/organization/itsonus>

RAINBOW ALLIANCE

The Rainbow Alliance is an organization that provides for the concerns and interests of marginalized sexual orientations and gender identities including, but not limited to, the lesbian, gay, bisexual, transgender, queer, intersex, asexual, and allied communities. This organization, which fosters an atmosphere of awareness and acceptance of all individuals, will provide the University of Pittsburgh community with the means to accomplish these goals.

LEARN MORE: <https://pitt2.campuslabs.com/engage/organization/rainbowalliance>

NATIONAL ALLIANCE ON MENTAL ILLNESS AT PITT

NAMI at Pitt is a mental health advocacy group. They hope to raise awareness on mental illness, break mental health stigma, and help those in need get the services they deserve.

LEARN MORE: <https://pitt2.campuslabs.com/engage/organization/nami>

OAKLAND OUTREACH

Oakland Outreach is a club geared towards helping under-served populations in the Oakland-Pittsburgh area and enhancing mental health literacy. Their goal is to introduce active opportunities to our members regarding serious mental illnesses (SMI).

LEARN MORE:

https://www.facebook.com/pg/OaklandOutreachPitt/about/?ref=page_internal

OUTLAW

OUTlaw is a LGBTQA+ student organization at the University of Pittsburgh Law School.

LEARN MORE: <https://pitt2.campuslabs.com/engage/organization/outlaw>

PITT UNMUTED

- Unmuted's purpose is to provide and maintain a safe space for sexual assault survivors. Unmuted is meant to be a place of healing and reflection for the Pitt community. In addition, the club organizes on-campus exhibitions and events to raise awareness about the stories of sexual assault survivors and people who have experienced intimate partner violence.
- LEARN MORE: <https://pitt2.campuslabs.com/engage/organization/pitt-unmuted>

ADDITIONAL RESOURCES

PITT GRIT

PITT GRIT is a Youtube series on the Pitt Student Affairs channel where students and faculty members share how they showed resilience through difficult times.

LEARN MORE: <http://www.studentaffairs.pitt.edu/cc/pitt-grit/>

PITT HEALTHY U

An Instagram and Facebook account made by the wellness center that takes a holistic approach on health. They believe that true wellness is an integration of various elements of a student's life including financial, occupational, spiritual, emotional, intellectual, environmental, social and physical well-being. In light of the COVID-19 outbreak, they have compiled a series of tips and resources for students to continue to support their overall wellness during this challenging time.

LEARN MORE: <https://www.instagram.com/pitthealthyu/>
https://www.facebook.com/pg/PittHealthyU/posts/?ref=page_internal

PITT THRIVES

Instagram account that shares Pitt wellness resources and positivity posts. Their account includes tips, events, and quotes to uplift and help Pitt students maintain their mental health.

LEARN MORE: https://www.instagram.com/pitt_thrives

POWER OF PITT

The Power of Pitt website gives guidelines, research, activity ideas, and updates about COVID-19 on Pitt's campus.

LEARN MORE: <https://www.coronavirus.pitt.edu/>

UNPACK U

LOCAL

CRISIS SERVICES

RE:SOLVE CRISIS NETWORK

Re:solve offers walk-in crisis services, and up to 72-hours of residential services (if referred after a walk-in), in North Braddock, PA. Mobile crisis support teams will travel anywhere in Allegheny County, PA.

LEARN MORE:

<https://www.upmc.com/services/behavioral-health/resolve-crisis-services>

MENTAL HEALTH AWARENESS

STEEL SMILING PGH

Steel Smiling bridges the gap between the Black community members and mental health support through education, advocacy and awareness in Pittsburgh. Their vision is to connect every resident in the Pittsburgh region to resources and treatment.

LEARN MORE: https://www.steelsmilingpgh.org/about_us

SUPPORT

ALLEGHENY COUNTY PEER SUPPORT WARMLINE

The Warmline is staffed by mental health consumers who provide support to peers by telephone. All phone calls received are kept confidential and callers remain anonymous. Their Telephone Support Specialists are trained to actively listen to their peers, empathize with their concerns and empower individuals to choose their path to wellness and recovery.

LEARN MORE: http://www.peer-support.org/?page_id=22

LIFELINE OF LISTENING FRIENDS

The support groups are once-a-month 'Open Meetings.' New members are always welcome. Lifeline of Listening Friends' mission is to help survivors feel less isolated, provide reassurance that healing is possible, provide an opportunity to talk openly with others who understand, and provide a space for survivors to learn from and support each other.

LEARN MORE: http://mylifelinepittsburgh.org/suicide_landing.html

MEETUP HEALTH & WELLNESS GROUPS IN PITTSBURGH

Meetup is a platform where people can find groups for various activities. Some groups based around wellness in Pittsburgh include meditation, grief support, and yoga groups.

LEARN MORE: <https://www.meetup.com/cities/us/pa/pittsburgh/health-wellness/>

WARM AND FRIENDLY CALLS

All mental health consumers of at least 18 years of age residing in Allegheny County are eligible for the Warm and Friendly Call Program. In order to help meet the needs of adult (18 years of age and older) mental health consumers in Allegheny County, the Warm and Friendly Program uses a peer support specialist who makes calls to program participants. A participant can request to be called on a weekly or daily basis, or as needed.

LEARN MORE: http://www.peer-support.org/?page_id=261

THERAPY COUNSELING MILESTONE CENTERS, INC.

Milestone is a private, nonprofit, community-based human services agency supporting the needs of individuals with behavioral health challenges and intellectual and developmental disabilities in communities throughout Western Pennsylvania. Milestone programs also include day treatment, children's counseling, wellness initiatives and a client drop-in center in Wilkinsburg.

LEARN MORE: <https://milestonepa.org/who-we-are>

PITTSBURGH MERCY BEHAVIORAL HEALTH

Pittsburgh Mercy is a person-centered, population-based, trauma-informed community health and wellness provider. Pittsburgh Mercy Behavioral Health serves children, adolescents, and adults. They offer recovery-oriented behavioral health (mental health and addiction) services to help individuals manage their symptoms and achieve their recovery goals. Their many programs – from crisis intervention and stabilization, extended acute care, day, partial hospitalization, residential, service coordination, community treatment, psychiatric rehabilitation and recovery, peer specialist, and supported employment programs – are designed to empower individuals to lead healthy, successful lives in the community.

LEARN MORE:

<https://www.pittsburghmercy.org/behavioral-health/pittsburgh-mercy-behavioral-health/>

PITTSBURGH PSYCHOANALYTIC CENTER- CLINIC WITHOUT WALLS

The mission of Clinic Without Walls is to provide affordable, long-term psychodynamic psychotherapy to individuals in the Greater Pittsburgh community, which will enhance their level of social and occupational functioning and productivity within the community.

LEARN MORE: <http://www.pghpsa.org/clinic-without-walls/>

SWEETWATER BEHAVIORAL HEALTH & WELLNESS P. C.

Outpatient treatment, medication management, and nutrition consultation/therapy in Sewickley, PA.

LEARN MORE: <https://www.sweetwaterbhw.com/>

TCV COMMUNITY SERVICES

They offer dual diagnosis individual and group therapy, intervention groups for parents and teens, intensive outpatient programs, AA meetings, and DUI evaluations. Located in the South Side of Pittsburgh.

LEARN MORE: <http://tcv.net/adult-mental-health-services/>

CONVERSATION STARTERS

BRING CHANGE TO MIND: TALK TOOL

Tool that generates mental health topics and type of person to talk about it with. This tool will create prompts on what to talk about and gives a type of person to talk about it with, along with a video or article regarding the topic.

LEARN MORE: <https://bringchange2mind.org/talk/talk-tool/>

MAKE IT OKAY: TIP CARD

Made by MakeitOK, they provide a downloadable tip card with advice about starting and continuing the conversation about mental health.

LEARN MORE: <https://makeitok.org/wp-content/uploads/2016/05/tipcard.pdf>

MAKE IT OKAY: TIPS FOR TALKING

Make It OK” is a campaign to reduce the stigma of mental illnesses. What To Say is a page that provides conversation starters that break the stigma towards mental health and wellness.

LEARN MORE: <https://makeitok.org/what-to-say/>

MENTAL HEALTH COALITION: LANGUAGE GUIDE

The Mental Health Coalition provides a language guide for students to have as a resource on how to talk about mental health. Topics such as how to recognize signs of mental health issues, how to talk to a friend, conversation starters, and so much more are included in this guide.

LEARN MORE: <http://thementalhealthcoalition.org/howto/>

GUIDE TO BEING AN ALLY TO TRANSGENDER AND NONBINARY YOUTH

An 11-page guide by the Trevor Project filled with infographics, notes, and resources about how to support the LGBTQ community. This is a resource for a person to look at and educate themselves on how to be an ally for a transgender and nonbinary friend.

LEARN MORE:

<https://www.thetrevorproject.org/resources/trevor-support-center/a-guide-to-being-an-ally-to-transgender-and-nonbinary-youth/>

HOTLINES

NATIONAL SUICIDE PREVENTION LIFELINE

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

LEARN MORE: <https://suicidepreventionlifeline.org/>

CONTACT: Call 1-800-273-8255 or 988

SEIZE THE AWKWARD

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support.

LEARN MORE: <https://seizetheawkward.org/#get-help>

CONTACT: Text SEIZE to 741-741

TREVOR PROJECT HOTLINES

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.

LEARN MORE: <https://www.thetrevorproject.org/get-help-now/>

TREVORLIFELINE

TrevorLifeline is a crisis intervention and suicide prevention phone service available 24/7/- 365.

LEARN MORE: <https://www.thetrevorproject.org/get-help-now/>

CONTACT: 1-866-488-7386

TREVORCHAT

Confidential online instant messaging with a Trevor counselor, available 24/7. Access through a computer, as you may have technical difficulties if using a smartphone or tablet.

LEARN MORE: <https://www.thetrevorproject.org/get-help-now/>

CONTACT:

https://trevorproject.secure.force.com/apex/TrevorChatPreChatForm?endpoint=https%3A%2F%2Ftrevorproject.secure.force.com%2Fapex%2FTrevorChatWaitingScreen%3Flanguage%3D%23deployment_id%3D57241000000LPic%26org_id%3D00D410000005OLz%26button_id%3D57341000000LTDX%26session_id%3D4N4hFZCHV+jBiA==

TREVOR TEXT

Confidential text messaging with a Trevor counselor, available 24/7/365.

LEARN MORE: <https://www.thetrevorproject.org/get-help-now/>

CONTACT: Text START to 678-678.

TEENLINE

Teen Line is a nonprofit, community-based organization helping troubled teenagers address their problems. It is our mission to provide personal teen-to-teen education and support before problems become a crisis, using a national hotline, current technologies and community outreach.

LEARN MORE: <https://teenlineonline.org/get-help/>

TEENLINE CALL

CONTACT: (310) 855-HOPE or (800) TLC-TEEN

TEENLINE TEXT

CONTACT: Text "TEEN" to 839863 between 6:00pm-9:00pm

INSTAGRAM

ALLOWING ANXIETY

The host, college student Morgan, uses this account to share her journey with anxiety and how she copes. Her page includes her experiences, tips, and signs regarding mental health in both video and picture form.

LEARN MORE: <https://www.instagram.com/allowing.anxiety/>

DEAR MY ANXIETY

This account includes quotes and answers questions about mental health.

LEARN MORE: <https://www.instagram.com/dearmyanxiety/>

HI ANXIETY

This account reposts other accounts' art that spreads positivity around mental health.

LEARN MORE: https://www.instagram.com/_hi_anxiety_/

HOW ARE YOU, REALLY?

This account is produced by the Mental Health Coalition where various celebrities answer #howareyoureally.

LEARN MORE: <https://www.instagram.com/howareyoureally/>

JOIN REAL

Real is making mental wellness an essential part of well-being. We've made it our mission to develop a new therapy model based on member-centered care that is affordable and effective.

LEARN MORE: <https://www.instagram.com/joinreal/>

LOVE IS LOUDER

This account works with JED and features positive messages and tags other Instagram pages that also include information about mental health.

LEARN MORE: <https://www.instagram.com/loveislouder/>

MENTAL HEALTH COALITION

This account provides trusted resources, tips, and videos surrounding mental health.

LEARN MORE: <https://www.instagram.com/mentalhealthcoalition/>

REAL DEPRESSION PROJECT

This account features tips, signs, and general information about mental health. In their bio, people can sign up for daily emails containing positive messages and affirmations.

LEARN MORE: <https://www.instagram.com/realdepressionproject/>

SOULPANCAKE

Hey There, Human is a IG live show featured on SoulPancake with Rainn Wilson who interviews various types of people about various topics including mental health.

LEARN MORE: <https://www.instagram.com/soulpancake/>

SPRXEAD POSITIVITY

This account features positive messages and self-care tips.

LEARN MORE: <https://www.instagram.com/sprxeadpositivity/>

THE_DEPRESSION_CHRONICLES11

This account features the meaning behind specific mental illnesses, conversation prompts, how to support people with mental illnesses, and tips about mental health. In their bio, users can go to www.depressionchronicles.com to find treatment for specific mental illnesses and disorders.

LEARN MORE: https://www.instagram.com/the_depression_chronicles11/

PODCASTS

HAPPINESS LAB

The Happiness Lab podcast, Yale professor Dr. Laurie Santos will take listeners through the latest scientific research and share some surprising and inspiring stories that will forever alter the way listeners think about happiness.

LEARN MORE: <https://www.happinesslab.fm/>

RADIO HEADSPACE

Join Andy Puddicombe every weekday morning to take a few moments to step out of the internal chatter and external noise. Listeners pause and reflect to consider what brings the world together in this shared human condition and how they can live a life that best reflects their limitless potential.

LEARN MORE: <https://www.radio.com/media/podcast/radio-headspace>

SELF-CARE SUNDAY

Self-Care Sunday is a weekly podcast hosted by Kayley Reed, as she explores the relationship between mental health, entrepreneurship, social media, and self-care. From sharing personal struggles, to interviewing female entrepreneurs, influencers, and artists

LEARN MORE: <https://www.happinesslab.fm/>

SLEEP WITH ME

Sleep with Me is a twice weekly podcast that began in NYT, where the host, Drew Ackerman shares and discusses topics that cover sleep, bedtime, anything that will put the listener to sleep.

LEARN MORE: <https://www.sleepwithmepodcast.com/>

SLEEPY RADIO

Sleepy is an internationally renowned podcast that helps listeners doze off into a deep, deep slumber. Each week, baritone host Otis Gray reads classic literature in a low, rhythmic tone so listeners can take a one-way train to Sleepy town.

LEARN MORE: <https://www.sleepyradio.com/>

TO WRITE LOVE ON HER ARMS

From the nonprofit To Write Love on Her Arms comes a new podcast about mental health and the things that make us human. Each episode will cover topics we tend not to talk about, including depression, addiction, self-injury, and suicide.

LEARN MORE: <https://www.stitcher.com/podcast/twloha/to-write-love-on-her-arms>

SELF-LOVE RESOURCES

ACTIVITY CARDS

A tool the Mental Health Kit provides is a blank list template for people to fill out and hang anywhere. These lists include topics such as Acts of Generosity, Things to Make Life Better, Things I Respect About Myself, Gratitudes. These lists can be printed out or online so students can remind themselves of positivity.

LEARN MORE: <https://mentalhealthkit.net/>

THOUGHT CARDS

Mental Health Kit provides thought cards that can be cut out and placed anywhere with positive sayings. These positive affirmations can be printed out and help students through the day if randomly placed!

LEARN MORE: <https://mentalhealthkit.net/>

WEBSITES

ACTIVE MINDS

Active Minds has a specific page regarding mental health and COVID-19. Throughout the website, resources for young adults, parents, schools, communities, remote workers etc. There are videos providing data, discussing how to create communities during COVID-19 and many other topics.

LEARN MORE: <https://www.activeminds.org/>

BORN THIS WAY FOUNDATION: BE THERE. BE KIND

Website where people have access to conversation starters as well as educating themselves on how to be a good support source for a person who is struggling. There is an emphasis on kindness and how to be a good friend.

LEARN MORE: <https://bethere.org/Home>

JED FOUNDATION: SEIZE THE AWKWARD

In times of uncertainty, connecting with friends and family can help in managing feelings of fear and anxiety. The JED Foundation provides a guide on how to have conversations about mental health, and check in on a friend.

LEARN MORE: <https://seizetheawkward.org/>

MENTAL HEALTH AMERICA

Mental Health America (MHA) is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. MHA's work is driven by its commitment to promote mental health as a critical part of overall wellness.

LEARN MORE: <https://mhanational.org/>

NATIONAL ALLIANCE ON MENTAL HEALTH

The National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI provides numerous resources on mental well-being for a wide range of audiences. Along with these resources, NAMI wants to spread awareness and erase the stigma towards mental health.

LEARN MORE: <https://www.nami.org/Home>

THE TREVOR PROJECT

Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

LEARN MORE: <https://www.thetrevorproject.org/>

TREVORSPACE

TrevorSpace is an affirming international community for LGBTQ young people ages 13-24. Sign up and start a conversation now.

LEARN MORE: <https://www.trevorspace.org/>

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